



9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

Detailed evaluation

KÖNIG, Uwe

Club: TVG Kaiserau
Number: 171

Course: 42.16 km
Marathon

Category:
Männer M45

Total time: 5:18:46

Speed: 7.91 km/h
Running performance: 7:34 min/km

Rank in course/Total: 229 (of 289)

Rank in course/Men: 211 (of 261)

Best time in course: 3:20:36

Rank in category: 45(of 50)

Best time in the category: 3:39:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	5.27	32:35	6:10	29	9:12	151	10:13	5.27	32:35	6:10	21	0:55	221		
Lap 2	5.27	34:14	6:29	39	9:37	191	10:48	10.54	1:06:49	6:20	16	2:07	161		
Lap 3	5.27	36:02	6:50	40	10:41	207	12:24	15.81	1:42:51	6:30	21	2:11	216		
Lap 4	5.27	37:26	7:06	42	10:36	207	12:48	21.08	2:20:17	6:39	18	3:14	174	8:37	
Lap 5	5.27	41:00	7:46	46	13:22	224	15:41	26.35	3:01:17	6:52	49	0:34	244	58:28	
Lap 6	5.27	46:55	8:54	46	18:43	238	21:04	31.62	3:48:12	7:13	21	9:28	195	1:19:26	
Lap 7	5.27	47:13	8:57	45	19:02	219	21:06	36.89	4:35:25	7:27	19	9:49	187	1:40:32	
Last lap Finish	5.27	43:21	8:13	37	14:58	184	17:38	42.16	5:18:46	7:33	46	3:58:00	222	4:51:59	